

**Amendments to the Claims (including presentation of New Claims):**

This listing of claims will replace all prior versions of claims in the application.

**Listing of the Claims:**

1. (Currently Amended)                      A nutritional intervention composition in powder form to be taken before a meal to extend post meal satiety comprising:
  - (a)      from about 63 to 74 weight percent of one or more proteins that stimulate cholecystokinin (CCK) release;
  - (b)      from about 18 to 25 weight percent of one or more C<sub>12-18</sub> fatty acids that stimulate CCK release; and
  - (c)      an amount of an extract of plant material containing a proteinase inhibitor to provide from about 0.16 to about 0.63 weight percent of the proteinase inhibitor.
2. (Currently Amended)                      ~~A~~The nutritional intervention composition in accordance with Claim 1 further including from about 3.7 to 4.5 weight percent of a source of calcium that stimulates CCK release.
3. (Currently Amended)                      ~~A~~The nutritional intervention composition in accordance with Claim 1, wherein said source of proteinase inhibitor contains about 10 weight percent of said proteinase inhibitor.
4. (Currently Amended)                      ~~A~~The nutritional intervention composition in accordance with Claim 1, wherein said protein comprises at least one member selected from selected from the group consisting of casein, whey protein, soy portein, and a mixture of essential amino acids.
5. (Currently Amended)                      ~~A~~The nutritional intervention composition in accordance with Claim 1, wherein said fatty acid component comprises at least 50 weight percent oleic acid with the remainder being other C<sub>12-18</sub> fatty acids that stimulate CCK release.

6. (Currently Amended)                      ~~A~~The nutritional intervention composition in accordance with Claim 2, wherein said source of calcium is selected from the group consisting of calcium lactate, calcium carbonate, calcium citrate, calcium maleate and calcium citrate maleate.
7. (Currently Amended)                      ~~A~~The nutritional intervention composition in accordance with Claim 3, wherein said extract of plant material providing a source of proteinase inhibitor is an extract of potato, soy, or beans.
8. (Currently Amended)                      ~~A~~The nutritional intervention composition in accordance with Claim 1, wherein said composition is mixed with a liquid to form a liquid drink prior to ingestion.
9. (Currently Amended)                      ~~A~~The nutritional intervention composition in accordance with Claim 8, wherein said liquid is water.
10. (Currently Amended)                      ~~A~~The nutritional intervention composition in accordance with Claim 1, further including a flavor component for imparting a characteristic taste thereto comprising water-soluble, natural or artificial extracts selected from the group consisting of ~~water soluble, natural or artificial, extracts of~~ apple, banana, cherry, cinnamon, cranberry, grape, honeydew, honey, kiwi, lemon, lime, orange, peach, peppermint, pineapple, raspberry, tangerine, watermelon and wild cherry.
11. (Currently Amended)                      ~~A~~The nutritional intervention composition in accordance with Claim 1, further including a colorant component for imparting a characteristic color thereto comprising water soluble, natural or artificial, dyes selected from the group consisting of ~~water soluble, natural or artificial, dyes of~~ blue, green, orange, red, violet, and yellow; iron oxide dyes, ultramarine pigments of blue, pink, red, and violet.

12. (Currently Amended) ~~A~~The nutritional intervention composition in accordance with Claim 1, ~~wherein~~ further characterized in that the calorie content thereof is from about 50 to 150 calories.

13. (Currently Amended) ~~A~~The nutritional intervention composition in accordance with Claim 12, ~~wherein said~~ further characterized in that the calorie content thereof is about 80 calories.

14. (Currently Amended) A method of extending post meal satiety and decreasing post meal hunger in a human comprising administering to said human prior to said meal a drink containing from about 5 to about 30 grams of a powder nutritional intervention composition comprising:

- (a) from about 63 to 74 weight percent of one or more proteins that stimulate cholecystokinin (CCK) release;
- (b) from about 18 to 25 weight percent of one or more C<sub>12-18</sub> fatty acids that stimulate CCK release; and
- (c) an amount of an extract of plant material containing a proteinase inhibitor to provide from about 0.16 to about 0.63 weight percent of the proteinase inhibitor.

15. (Currently Amended) ~~A~~The method in accordance with Claim ~~13~~ 14, wherein said nutritional intervention composition is administered not more than fifteen minutes before said meal.

16. (Currently Amended) ~~A~~The method in accordance with Claim 14, wherein said protein comprises at least one member selected from selected from the group consisting of casein, whey, soy, and a mixture of essential amino acids.

17. (Currently Amended) ~~A~~The method in accordance with Claim 14, wherein said fatty acid component comprises at least 50 weight percent oleic acid with the remainder being other C<sub>12-18</sub> fatty acids that stimulate CCK release.

18. (Currently Amended)                      ~~A~~The method in accordance with Claim ~~12~~14, wherein said composition further includes from about 3.7 to 4.5 weight percent of a source of calcium that stimulates CCK release, said source being selected from the group consisting of calcium lactate, calcium carbonate, calcium citrate, calcium maleate and calcium citrate maleate.

19. (Currently Amended)                      ~~A~~The method in accordance with Claim 14, wherein said extract of plant material providing a source of proteinase inhibitor is an extract of potato, soy, or beans containing about 10 weight percent of said proteinase inhibitor.

20. (Currently Amended)                      ~~A~~The method in accordance with Claim 14, wherein said drink comprises said powder composition and water.

21. (Currently Amended)                      ~~A~~The method in accordance with Claim 20, wherein said drink contains about 18 grams of said powder composition.